

FALL 2024

HOPE & AREA
**RECREATION
GUIDE**

Program Highlights

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HOPE & AREA RECREATION CENTRE

604-869-2304

ONLINE REGISTRATION

fvrd.ca/recreation

FALL 2024 RECREATION GUIDE

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How Programs & Classes are Listed in the Guide

Use the example below to reference how programs and classes are listed in the Guide.

Program name → **OCTOPUS**

Age requirement → Age: 3 - 5 yrs

Sep 13 - Oct 6	M, W	10:30 am - 11:00 am	5/\$45	<u>6797</u>
Oct 18 - Nov 10	M, W	10:30 am - 11:00 am	5/\$45	<u>6798</u>
Nov 15 - Dec 8	M, W	10:30 am - 11:00 am	5/\$45	<u>6799</u>

↑
Dates

↑
Days

↑
Time

↑
Represents the total amount of sessions & the fee.

↑
Use this code to easily search our programs online by clicking the link.

REGISTRATION INFORMATION

How to Register



call us
604-869-2304



in person
1005 6th Avenue



online
fvrd.ca/recreation

Registration Dates

SEPTEMBER 9th, 2024

Registration opens at 8:30 am

OCTOBER 1, 2024

Programs start

SUBSIDIES INFORMATION

KIDSPORT BRITISH COLUMBIA

KidSport is a national not-for-profit organization that provides grants for children aged 18 and under so they can play a season of sport.

Kidsportcanada.ca

CANADIAN TIRE JUMPSTART

Canadian Tire Jumpstart is a nationally registered charity dedicated to removing financial barriers so kids aged 4 to 18 across Canada have the opportunity to get off the sidelines and into the game.

Jumpstart.canadiantire.ca

CANCELLATION POLICY

Register at least 3 days before the start date of a program!

Sometimes great programs are cancelled due to low registration. Don't wait until the last minute! If program registration requirements are not met 72-hours prior to the schedule program start date, the program will be cancelled and you will be issued a full refund.

WITHDRAWAL & REFUND POLICY

If you wish to withdraw from a program, a refund (less 20% administration fee) will be issued if at least 72-hours notice has been provided prior to the program start date. If less than 72-hours of notice is provided prior to the program start date, please email your request to leisure@fvrd.ca. If the request is approved, a 20% administration fee will be charged and pro-rated accordingly, if applicable. Supporting documentation such as a medical note or change of address may be requested. Refunds will be returned by the original method of payment. Cash and cheque transactions will be refunded to the address on the account.

WANT TO BE NOTIFIED OF PROGRAM CANCELLATIONS?

Ensure your contact information is up-to-date to get notified if a program is cancelled.

HOPE & AREA RECREATION CENTRE



LOCATION

1005 6th Ave Hope, BC

RECEPTION HOURS

Mon, Wed, Fri	6:00 am - 8:30 pm
Tue, Thur	8:00 am - 8:30 pm
Saturday	10:00 am - 8:30 pm
Sunday	10:00 am - 5:30 pm

POOL HOURS

Mon, Wed, Fri	6:30 am - 8:00 pm
Tue, Thur, Sat	12:00 pm - 8:00 pm
Sunday	12:00 pm - 5:00 pm

REGISTRATION

Registration for Fall programming opens
September 9th at 8:30 am!

FACILITY CLOSURE DATES

Sep. 2	Labor Day
Sep. 30	Truth & Reconciliation Day
Oct. 14	Thansgiving
Nov. 11	Remembrance Day
Dec. 25	Christmas
Dec. 26	Boxing Day
Jan. 1	New Years Day

AMENITIES

- Arena
- 25-metre lap pool with 1-metre and 3-metre diving board
- Leisure pool with spray features and a rapids channel
- Hot tub, sauna, and steam room
- Large men's, women's, family and wheelchair accessible changerooms
- Cardio room with elliptical trainers, treadmills, recumbent and upright bikes, stair climber, rower, and a Nustep
- Weight room with a variety of free weights including a power rack and bench press, cable systems, and a stretching area with mats, body balls, BOSUs and medicine balls
- Conference centre and meeting rooms
- Mezzanine (Fitness Studio)

Pool reopens: September 16th 2024

RATES & FEES

DROP-IN RATES & PASSES

Drop-in Rates & Facility Pass*

Includes general admission to the aquatic centre, fitness centre, public skate, and aquafit.

All Inclusive Pass*

All the benefits of the Facility Pass plus drop-in fitness classes.

*Passes **DO NOT** include Casual Hockey, Adult Shinny, 55+ Hockey, and programs that require pre-registration

PASS EXTENSION & SUSPENSION POLICY

Pass extensions or suspensions are not permitted on passes due to statutory holidays or facility closures. Annual and 6 month pass holders with a medial illness or relocating outside the service area may request a refund for the remaining balance of their pass.

DAILY SPECIALS

Daily specials include admission to the aquatic centre, fitness centre, public skate, and aquafit.

Senior Mondays	\$2.00 until 5:00 pm
Wacky Wednesdays	\$2.00
50% off Fridays	On single drop-ins until 5:00 pm
Family Sundays	\$4.50 (1/2 price)
Last Hour Gym or Swim	\$3.25

SCHEDULES

Please follow us on Facebook or inquire at reception for the most current and up to date information regarding changes to the fitness schedule or programming.



@HopeRecreation

RATES & FEES

	Drop-In	10 Pass*	20 Pass*	1 Month	3 Months	6 Months	1 Year
Child (4 - 6 yrs)	\$2.25	\$17.50	\$33.25	\$15.75	\$36.00	\$63.75	\$118.25
Youth (7 - 13 yrs)	\$3.75	\$31.50	\$58.75	\$36.00	\$80.50	\$144.25	\$265.25
Student (14 - 18 yrs)	\$4.00	\$33.25	\$62.75	\$38.75	\$86.00	\$153.50	\$283.75
Student All Inclusive Pass (16 yrs+)	-	-	-	\$57.25	\$127.50	\$220.00	\$394.50
Adult (19-54 yrs)	\$5.00	\$42.50	\$79.50	\$50.75	\$115.50	\$211.00	\$400.00
Adult All Inclusive Pass	-	-	-	\$69.25	\$157.00	\$278.00	\$511.00
Senior (55 yrs+)	\$4.50	\$38.00	\$71.25	\$45.25	\$100.75	\$162.50	\$302.25
Senior All Inclusive Pass	-	-	-	\$63.75	\$142.25	\$229.25	\$413.00
Senior (80 yrs+)	Free Admission - includes access to aquatic centre, fitness centre, public skate, and aquafit.						
Family**	\$9.00	\$77.50	\$147.00	\$102.50	\$231.00	\$412.00	\$807.50

**Family rate includes up to 5 people. Maximum of 2 adults, minimum of 1 child under 18 years old (additional child \$1.00 each).

	Drop-In Fitness Classes	Skate Rental	Helmet Rental	Casual Hockey (floor & ice)	55+ Drop-in Hockey	Locker Rental (monthly)	Shower
Other Charges	\$5.00	\$3.00	\$2.25	\$3.00	\$10.00	\$3.00	\$2.25

HOPE & AREA RECREATION CENTRE

FALL 2024 DROP-IN SCHEDULE



Schedules are subject to change without notice, contact facility to confirm.

CARDIO ROOM & WEIGHT ROOM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 6:00 am - 8:30 pm	Open Gym 8:00 am - 8:30 pm	Open Gym 6:00 am - 8:30 pm	Open Gym 8:00 am - 8:30 pm	Open Gym 6:00 am - 8:30 pm	Open Gym 10:00 am - 8:30 pm	Open Gym 10:00 am - 5:30 pm
Teen Gym (13+) 3:30 pm - 5:30 pm		Teen Gym (13+) 3:30 pm - 5:30 pm		Teen Gym (13+) 3:30 pm - 5:30 pm	Teen Gym (13+) 1:00 pm - 4:00 pm	

AQUATICS						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim 6:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 6:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 6:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 12:00 pm - 5:00 pm
Lane Swim 6:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	Lane Swim 6:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	Lane Swim 6:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	
Blended Aquafit 1:30 pm - 2:30 pm		Blended Aquafit 1:30 pm - 2:30 pm		Blended Aquafit 1:30 pm - 2:30 pm		

FITNESS CLASSES						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold 9:15 am - 10:00 am	Yoga Lite 9:00 am - 10:00 am	*Smooth Karate 9:00am - 10:00am		Yoga Lite 9:00 am - 10:00 am		
Forever Fit 10:30 am - 11:30 am	Seated Zumba 10:30 am - 11:15 am	Forever Fit 10:30 am - 11:30 am	Seated Zumba 10:30 am - 11:15 am	Forever Fit 10:30 am - 11:30 am		
Fitness Express 12:00 pm - 1:00 pm	Strength & Core 12:00 pm - 12:45 pm	Fitness Express 12:00 pm - 1:00 pm	Strength & Core 12:00 pm - 12:45 pm	Fitness Express 12:00 pm - 1:00 pm		
Spin 5:30 pm - 6:30 pm	Zumba 5:30 pm - 6:30 pm	Cardio Kickboxing 5:30pm - 6:30pm	Spin Express 5:45 pm - 6:30 pm			
TRX 7:00 pm - 8:00 pm	Flow Yoga 7:00 pm - 8:00 pm	TRX 7:00 pm - 8:00 pm	Slow Yoga 7:00 pm - 8:00 pm			

*Smooth Karate starting October 16th - December 4th 2024

ARENA						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Skate 9:00 am - 10:00 am		Adult Skate 9:00 am - 10:00 am		Adult Skate 9:00 am - 10:00 am		
Parent & Tot Skate 10:00 am - 11:00 am	Adult Shinny 10:00 am - 11:15 am	Parent & Tot Skate 10:00 am - 11:00 am		Parent & Tot Skate 10:00 am - 11:00 am		
			Adult Shinny 12:15 pm - 1:30 pm			
	Youth Hockey 2:30 pm - 3:30 pm <i>(7-13 yrs)</i>		Public Skate 1:45 pm - 3:30 pm	Student Hockey 3:00 pm - 4:15 pm <i>(14-18 yrs)</i>	Public Skate 2:00 pm - 3:30 pm	Public Skate 2:00 pm - 3:30 pm
	45+ Hockey 8:15 pm - 9:30 pm	Public Skate 5:45 pm - 7:00 pm		Family Hockey 4:30 pm - 5:30 pm		

*Smooth Karate starting October 16th

**The arena is available after September 14th.

***No public skate:

Oct 26-27 / Nov 9-10, 23-24 / Dec 7-8, 25-26 / Jan 1, 11-12, 31 / Feb 1 / Mar 7-8

****No casual hockey/shinny:

Oct 14, 25 / Nov 8, 11, 22 / Dec 6, 25-26 / Jan 1, 10, 31 / Feb 17 / Mar 7

FACILITY RENTALS

ARENA

We take pride in offering the best ice in BC! The arena features seven dressing rooms, a central sound system, and bleacher seating.

Ice Rental:

Peak	\$162/hr
Non-peak	\$153/hr
Youth	\$74/hr

Dry Floor Rental:

Adult	\$41.50/hr
Youth	\$23/hr



DAN SHARRERS AQUATIC CENTRE

Our Aquatic Centre features a 25-metre lap pool with 1-metre and 3-metre diving boards, a leisure pool with spray features and a rapids channel. It also has a hot tub, sauna, and steam room, as well as large men's, women's, family and wheelchair accessible changerooms.

Lane Rental: \$14/hr

Pool Rental: \$143.25/hr*
**Includes one lifeguard*



CONFERENCE CENTRE

With expansive mountain views and a wall of windows, this roomy meeting area is not only ideal for meetings and conferences, but also perfect for special events and weddings. It features a kitchenette, dance floor, central sound system, and high ceilings.

Not-for-profit: \$64.75/hr*

Day Rate: \$323.50**

Commercial: \$83.25/hr*

***Maximum 10 hours*

**Minimum 2 hours*



MEZZANINE

This versatile room serves as the main venue for most of the fitness classes offered at the rec centre. It's also a fantastic meeting and event room featuring a mirrored wall, central sound system, breakout meeting room, and dimmable non-flourescent lighting options.

Not-for-profit: \$29/hr

Day Rate: \$178.50*

Commercial: \$45/hr

**Maximum 10 hours*



REC CENTRE MEETING ROOM

For smaller groups and board-style meetings, the meeting room at the rec centre is ideal. Features include WiFi and a whiteboard. This room is attached to the Mezzanine, and can be rented together for larger gatherings where a private space is required.

Not-for-profit: \$25.80/hr

Day Rate: \$129*

Not-for-profit: \$28/hr

**Maximum 10 hours*



LED MESSAGE BOARD

Our LED message board can help get your message out.

User Group Rates:

Daily	\$18
Weekly	\$99
Monthly	\$360

Commercial Rates:

Daily	\$20
Weekly	\$110
Monthly	\$400

Want to rent a space?

Call us to learn more about facility rentals, including our cancellation policy, insurance, Liquor License, and clean up requirements.

Live 5-2-1-0 is a simple, easy-to-remember message to help kids and families adopt healthy habits. When shared and supported across a community, Live 5-2-1-0 can make it easier for kids to eat healthy and be active every day.



5 Enjoy-
FIVE or more vegetables
& fruits every day



2 Power down-
no more than TWO hours
of screen time a day



1 Play actively-
at least ONE hour each day



Choose healthy-
ZERO sugary drinks

supporting the **SCOPE**
Live 5-2-1-0
campaign by www.lives210.ca

LIVE 5-2-1-0 PLAYBOXES

To encourage families to be active, the Hope and Area Healthy Communities Committee has provided mobile and stationary Playboxes in Hope and the surrounding area. These mobile and stationary Playboxes have everything families need to play actively outside, with recreational equipment for sports games and activities for barrier-free access to play.

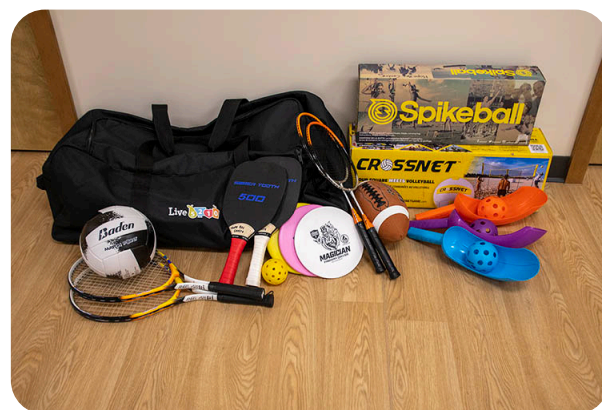
Some of the equipment that can be found in the Playboxes include skipping ropes, hula hoops, frisbees, basketballs, volleyballs, soccer balls, badminton and tennis racquets, pickleball paddles, disc golf discs, and more!



Locations: **Hope (mobile playbags)**
North Bend - Almer Carlson Pool*
Yale
**open during summer season only*

How to Access: Mobile playbags are signed out on a first-come, first-served basis for up to 24 hours at a time. Please call the rec centre for availability.

To gain access to the boxes, fill out an application form and drop it off at the rec centre or email it to leisure@fvrd.ca.



Unlock the fun!

Visit fvrd.ca/playboxes to fill out an application or call us at 604-869-2304 for more information.

ARENA

SKATING

PUBLIC SKATE

Age: All Ages

Skating only - no sticks allowed.

Sa, Su	2:00 pm - 3:30 pm
W	5:45 pm - 7:00 pm
Th	1:45 pm - 3:30 pm

Drop In
Drop In
Drop In

ADULT SKATE

Age: 19 +

Skating only - no sticks allowed.

M,W,F	9:00 am - 10:00 am
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Drop In

PARENT & TOT SKATE

Age: All Ages

Skating only - no sticks allowed.

M,W,F	10:00 am - 11:00 am
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Drop In

PRO - D - DAY SKATE

Age: All Ages

Skating only - no sticks allowed.

Fr	October 25th	12:30 pm - 2:30 pm
Fr	November 29th	12:30 pm - 2:30 pm

Drop In
Drop In



HOCKEY

ADULT SHINNY HOCKEY

Age: 19 +

Grab your skates and sticks, there's a game of shinny on the rink. Participants are required to wear a helmet and gloves.

Tu	10:00 am - 11:15 am	
Th	12:15 pm - 1:30 pm	\$3.00

45 + DROP IN HOCKEY

Age: 45 +

Full gear is required for those participating in casual hockey.

Tu	8:15 pm - 9:30 pm	\$10.00
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STUDENT CASUAL HOCKEY

Age: 14 - 18

Full gear is required for those participating in casual hockey.

Fr	3:00 pm - 4:15 pm	\$3.00
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FAMILY CASUAL HOCKEY

Age: 5 +

Full gear is required for those participating in casual hockey.

Fr	4:30 pm - 5:30 pm	\$3.00
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YOUTH CASUAL HOCKEY

Age: 7 - 13

Full gear is required for those participating in casual hockey.

Tu	2:30 pm - 3:30 pm	\$3.00
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These activities are scheduled to begin after September 15th. Please note this date is subject to change.

CANCELLATION DATES

Public skate/Casual hockey/Shinny

September 14-15	January 1,10-12,31
October 14, 25-27	February 1 & 17
November 8-11, 22-24	March 7 & 8
December 6-8, 25-26	

Schedule subject to change without notice, please contact facility or check online for latest updates.

ONE DAY WONDERS

KIDZ NIGHT OUT

CONSTRUCTION CHALLENGE

NEW

Age: 5- 12

Looking for a kid-free evening? Enroll your child in our Construction Challenge! They'll get to build a structure using recycled materials that can support a specific weight. Bring your recyclable materials to share, but we will have plenty to spare — it's a fun, creative, and educational experience all rolled into one!

Oct. 4 Fr 5:00 pm - 7:00 pm \$10 7633

TEENS NIGHT OUT

MYSTERY NIGHT

NEW

Age: 13 - 18

Looking for a night full of intrigue? Join our Teens Night Out and team up to solve a thrilling murder mystery! Step into the role of a detective, uncover clues, and piece together the puzzle with your friends. With unexpected twists, hidden secrets, and plenty of surprises, this is an evening of fun, excitement, and teamwork you won't want to miss!

Oct. 5 Sa 5:00 pm - 7:00 pm \$10 7634

FAMILY SKATES

ARENA OPENING FREE SKATE

NEW

Age: All

Celebrate the reopening of our brand new ice rink! Join on the ice for a public family skate brought to you by Boston Pizza. Featuring an activity hosted by Hope Minor Hockey, popcorn and more!

Oct. 19 Sa 2:00 pm - 3:30 pm FREE

80's SKATE

NEW

Age: All

Get ready to roll back in time with our 80s Dance Party Skate day! Skate to the infectious beats of classic 80s hits and relive the golden era of music. Dress up in your favorite retro fashion—think leg warmers, neon colors, and big hair—to fully embrace the 80s vibe.

Nov. 16 Sa 2:00 pm - 3:30 pm Drop In



EVENTS

JACK'O'LANTERN JUBILEE

NEW

Age: All

Join us for an afternoon of Halloween-inspired games and activities at the Jack O' Lantern Jubilee! Participate in our costume contest and showcase your best Halloween attire. Get creative with some freakishly scary crafts, where you can craft your very own ghost to take home. Test your skills with our pumpkin ring toss and enjoy a variety of other festive games. Don't miss out on this ghoulishly good time!

Oct. 26 Sa 1:00 pm - 4:00 pm \$2.00 7657

SKATE WITH SANTA

Age: All

Bring your holiday spirit and join Santa Claus on the ice for a magical skate. Write and decorate your letters to Santa. Afterward, warm up with delicious hot chocolate! It's a perfect opportunity for families and friends to create cherished memories together in a cozy and festive atmosphere. Don't miss out on this delightful holiday tradition!

This event is brought to you by the Hope Rotary Club & the Hope Recreation Centre.

Dec. 21 Sa 2:00 pm - 5:00 pm \$2.00 Drop In

BIRTHDAY PARTIES

NEW

SKATE & CELEBRATE

Celebrate your birthday with an exhilarating skating party! Your celebration includes 1 hour in the party room, followed by 1.5 hours of skating. You'll have access to the room half an hour before the party to set up. A Recreation Assistant will be on hand to support with setup, manage the timeline, and help get everyone on the ice.

Child skate rentals are included; adults must pay for rentals if needed. One adult receives free admission for every three kids. All children 7 years old or younger must wear a helmet. Decorations and food are permitted in the party room. Please ensure you remove decorations and clean up at the end of your time in the party room, which occurs during the skate time.

Saturday & Sunday options

Packages:

1-12 kids: \$90
13-16 kids: \$120
17-24 kids: \$150

Timeline:

Party Room from 1:00 pm - 2:00 pm
Skate from 2:00 pm - 3:30 pm



CAMPS



PRO - D - DAZE

DETECTIVE CHALLENGE

Age: 5-12

Looking for a fun way for your kids to spend their Pro D Day? Enroll them in our Detective Challenge Camp! Young sleuths will dive into a world of mystery-solving, complete with clues, puzzles, and interactive games. They'll work together to crack codes and uncover secrets.

Oct. 25 Fr 8:30 am - 5:00 pm \$29.50 7653

CAMP MAGIC

Age: 5-12

Be enchanted with a day filled with learning simple magic tricks, crafting their own wizard hats and wands, and engaging in magical-themed games. They'll have a spellbinding time making new friends and discovering the wonders of magic!

Nov. 29 Fr 8:30 am - 5:00 am \$29.50 7656

WINTERFEST CAMP

Embrace the magic of winter at our Winterfest Camp! Each day offers a different exciting blend of swimming, crafting and fun! It's the perfect way to spend a week away from school and a chance to make lasting memories with new friends. Bundle up and join us for a winter break filled with fun and adventure!

Ages: 5-12

Dec 23	8:30 am - 5:00 pm	\$29.50 /day	<u>7638</u>
Dec 27	8:30 am - 5:00 pm	\$29.50 /day	<u>7641</u>
Dec 30	8:30 am - 5:00 pm	\$29.50 /day	<u>7642</u>
Dec 31	8:30 am - 5:00 pm	\$29.50 /day	<u>7644</u>
Jan 2	8:30 am - 5:00 pm	\$29.50 /day	<u>7646</u>
Jan 3	8:30 am - 5:00 pm	\$29.50 /day	<u>7648</u>

EARLY YEARS

ACTIVE

RUMBLE RASCALS

Age: 0 - 3

Explore essential movements like balance, jumping, rolling, and more with your little one. This class encourages physical development and coordination through activities and games. Parent participation required.

Oct. 1 - Nov. 5 Tu 9:15 am - 10:00 am 6/\$30 7605

Nov. 12 - Dec. 17 Tu 9:15 am - 10:00 am 6/\$30 7615

NEW

TUMBLE TYKES

Age: 4 - 5

Jump, spin, and roll through our dynamic program! Kids will explore fundamental movement skills with engaging activities like obstacle courses, mats, and somersaults.

Oct. 1 - Nov. 5 Tu 10:15 am - 11:00 am 6/\$30 7606

Nov. 12 - Dec. 17 Tu 10:15 am - 11:00 am 6/\$30 7614

NEW

TINY DANCERS

Age: 3 - 5

This playful class encourages young children to explore rhythm and coordination through music. It's a wonderful way to develop motor skills, socialize, and have fun in a supportive environment.

Oct. 7 - Nov. 4 M 3:00 pm - 3:45 pm 4/\$20 7610

Nov. 18 - Dec. 16 M 3:00 pm - 3:45 pm 5/\$25 7611

Note: No class Oct. 14 & Nov. 11

NEW

ALL SORTS OF SPORTS

Age: 3 - 5

Introduce your kiddos to a variety of sports and fundamental movements. Each week try an exciting new sport your tot can try in a fun, safe, atmosphere.

Oct. 2 - Nov. 6 W 9:00 am - 10:00 am 6/\$30 7618

Nov. 13 - Dec. 18 W 9:00 am - 10:00 am 6/\$30 7619

NEW

DROP IN

PARENT & TOT PLAYTIME

Age: 0 - 5

Children ages 0 to 5 are invited to explore freely in a safe and engaging environment. This play-driven session is designed for parents and tots to discover and enjoy together, with a variety of different play tools available. Parent participation is required.

Oct. 2 - Dec 18 W 10:30 am - 12:00 pm Drop In

HOBBIES

JR. NATURE CLUB

Age: 3 - 5

Come rain or shine, this program gets the littlest ones outside and moving! Dive into nature with exciting activities focused on art, physical activity, and exploration! This program is held at Thacker Park.

Oct. 4 - Nov. 8 Fr 9:30 am - 11:30 am 5/\$40 7620

Nov. 15 - Dec. 20 Fr 9:30 am - 11:30 am 5/\$40 7621

NEW

LIL' BAKERS

Age: 3 - 5

Get ready to measure, mix, and bake up some fun in this hands-on baking class! Enter the world of culinary adventures as you discover essential baking skills that will make you a kitchen superstar. Parent participation required.

Oct. 2 - Nov. 6 W 3:00 pm - 4:00 pm 5/\$33 7616

Nov. 13 - Dec. 18 W 3:00 pm - 4:00 pm 6/\$40 7617



CHILDREN

ACTIVE

YOUTH KARATE

Age: 9 - 12

The first rule of Karate, "Seek perfection of character." In this traditional Karate training, youth will focus on individual growth, coordination, concentration and achieving goals. Building a strong mind and body through traditional Karate training will prepare them for the world ahead. A Karate gi will be required and can be purchased through Sensi. Please inquire for further info.

Held at Silver Creek Elementary

Sep. 10 - Oct. 10 Tu,Th 6:00 pm - 7:00 pm 8/\$75 7528
Nov. 5 - Nov. 28 Tu,Th 6:00 pm - 7:00 pm 8/\$75 7658

LEARN TO SKATEBOARD

Age: 6 - 12

Come have fun learning to skateboarding at our outdoor skate park with an instructor from HMI skate park. Learn the basics of balance and control then tricks and flowing around the park. Participants are required to bring their own skateboard, helmet, and any optional padding.

Oct. 2 - Oct. 23 W 3:30 pm - 4:30 pm 4/\$30 7628

HIP HOP

Age: 6 - 12

Get ready to groove in our Hip Hop dance class! Where you'll learn cool new moves and gain confidence while mastering an awesome dance routine!

Oct. 7 - Nov. 4 M 4:00 pm - 5:00 pm 4/\$20 7629
Nov. 18 - Dec.16 M 4:00 pm - 5:00 pm 5/\$25 7630

Note: No class Oct. 14 & Nov. 11



HOBBIES

JR. BAKERS

Age: 6 - 12

Get ready for a fun-filled kitchen adventure! In this class, you'll learn essential kitchen skills like measuring, mixing, and decorating. You'll explore different recipes, experiment with flavors, and create delicious dishes to enjoy and share with others.

Oct. 2 - Nov. 6 W 4:15 pm - 5:15 pm 6/\$40 7626
Nov. 13 - Dec. 18 W 4:15 pm - 5:15 pm 6/\$40 7627

ART ATTACK

Age: 6 - 12

Try four different techniques - acrylic painting, oil pastels, water colors, and sketching - to create masterpiece after masterpiece with Ash Art Studios.

Oct. 1 - Nov. 5 Tu 3:30 pm - 5:00 pm 6/\$90 7622
Nov. 12 - Dec.17 Tu 3:30 pm - 5:00 pm 6/\$90 7623

LEARNING

HOME ALONE COURSE

Age: 10 +

Designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone. Understand how to prevent problems, handle real-life situations, and keep safe and occupied. Certificate upon completion.

Nov. 22 Fr 4:00 pm - 7:00pm 1/\$10 7675

BABYSITTERS COURSE

Age: 12 +

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviors to essential leadership skills and professional conduct as a babysitter. Please bring a lunch and pen.

Nov. 9 - Nov. 10 Sa, Su 10:00 am - 3:00 pm 1/\$65 7674

KIDZ NIGHT OUT

CONSTRUCTION CHALLENGE

Age: 5- 12

Check out page 10 for more information

Oct. 4 Fr 5:00 pm - 7:00 pm \$10 7633

TEENS AND ADULTS

ACTIVE

ADULT KARATE

Age: 13 +

Beginner & intermediate traditional Karate training for fun, fitness & sport. In a supportive environment, our goals are to build your coordination, concentration and self control. During this intensified program, your practice of Kata (forms) with real world application will help build a healthy body, proper posture, self esteem and confidence.

Held at Silver Creek Elementary

Sept. 10 - Oct. 10 Tu, Th 7:00 pm - 8:30 pm 10/\$90 7529
Nov. 5 - Nov. 28 Tu, Th 7:00 pm - 8:30 pm 10/\$90 7659

DROP IN PICKLEBALL

Age: 18 +

Stop by for a great session of pickleball with others in the community. Its a great place to practice skills and enjoy good company.

Sept. 9 - Dec. 9 M,F* 6:00 pm - 8:00 pm **\$2.00**

**Mondays will be held at Silver Creek Elementary (Cash only)*

**Fridays will be held at Coquihalla Elementary*

Note: No class Sep 30, Oct. 14 & Nov. 11

LEARN TO PLAY PICKLEBALL

Age: 18 +

Looking to try something new? Want to improve your skills? On a designated beginners court come learn to play Pickleball with one of our skilled recreation leaders. Held at Silver Creek Elementary.

Sept. 9 - Dec. 9 M 6:00 pm - 7:00 pm **Drop In**

Note: No class Oct. 14 & Nov. 11

NEW

HOBBIES

TEEN ART LAB

Age: 13-18

Create amazing masterpieces while exploring four different techniques: acrylic painting, oil pastels, watercolors, and sketching with Ash Art Studios. Discover the unique characteristics of each medium and unleash your inner artist with every stroke.

Oct. 1 - Nov. 5 Tu 5:30 pm - 7:00 pm 6/\$90 7678

Nov. 12 - Dec.17 Tu 5:30 pm - 7:00 pm 6/\$90 7679

NEW



Non-Restricted Firearms Safety Course (CFSC / PAL Course) - \$160

This is an introductory firearm safety course intended for new non-restricted firearm users. The course includes approximately 8 hours of classroom time, followed by a written and practical test. Successful completion will allow you to apply for a Possession and Acquisition Licence (PAL).

September 28, 2024 8:30 am - 6:30 pm

November 23, 2024 8:30 am - 6:30 pm

Register online at: www.ontargetfirearms.ca



FIRST AID COURSES



CPR/AED LEVEL C

Age: 16 +

The CPR-C course provides comprehensive training to recognize and respond to emergencies, including cardiovascular issues like heart attacks and strokes, and choking incidents in adults, children, and infants. It covers essential skills such as the recovery position, administering CPR and using an AED, assisting with medications, and managing deadly bleeding.

Nov 16 Sa 9:00 am - 2:30 pm \$75 7681

EMERGENCY FIRST AID & CPR/AED LEVEL C

Age: 16 +

The Canadian Red Cross offers a one-day First Aid and CPR course that provides essential emergency medical care techniques. Participants will learn about the Red Cross, the EMS system, airway emergencies, breathing and circulation issues, first aid for respiratory and cardiac arrest, and wound care.

Nov 16 Sa 9:00 am - 5:00 pm \$80 7682

STANDARD FIRST AID & CPR/AED LEVEL C

Age: 16 +

A two-day Red Cross course offering essential first aid and CPR skills, covering topics such as the EMS system, airway emergencies, breathing and circulation issues, wound care, and response to respiratory and cardiac arrest. Ideal for those needing training for work or personal emergency preparedness.

Nov 16,17 Sa,Su 9:00 - 5:00 pm \$150 7683

RECERTIFICATION CPR/AED LEVEL C

Age: 16 +

The CPR-C recertification course reviews key Red Cross skills, including emergency response, airway management, CPR for all ages, and AED use. Participants must bring a valid First Aid certificate for the recertification level. Participants must hold a current First Aid Certificate for the Recertification on level they are taking (Before it Expires). A copy of the certification must be brought to class.

Nov 23 Sa 9:00 am - 12:30 pm \$50 7684

RECERTIFICATION EMERGENCY FIRST AID & CPR/AED LEVEL C

Age: 16 +

This course reviews key Red Cross skills, including CPR-C, airway and breathing emergencies, AED use, and choking response for all ages. Participants must hold a current First Aid Certificate for the Recertification on level they are taking (Before it Expires). A copy of the certification must be brought to class.

Nov 23 Sa 9:00 am - 2:30 \$60 7685

RECERTIFICATION STANDARD FIRST AID & CPR/AED LEVEL C

Age: 16 +

The Standard First Aid recertification includes all CPR-C and Emergency First Aid content, plus advanced topics like head and spine injuries, joint injuries, sudden medical emergencies, environmental hazards, and poisons. Participants must hold a current First Aid Certificate for the Recertification on level they are taking (Before it Expires). A copy of the certification must be brought to class.

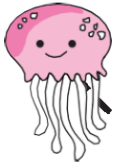
Nov 23 Sa 9:00 am - 5:00 am \$75 7686

AQUATICS

PARENT AND TOT LESSONS

Ages 4 months–3 years

Caregiver participation is required.
Progression is based on age.



Jellyfish
4–12 months



Goldfish
12–24 months



Seahorse
24 months–3 years

PRESCHOOL LESSONS

Ages 3–5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5 m back swim with buoyant aid



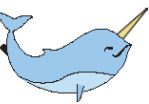
Orca

- Front, back and roll-over floats and glides
- 5 m swim on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7 m swim on front and back



Narwhal

- Deep-water swimming
- 5 m front and back crawl
- 4 x 5 m swim on back



Moving from Preschool to Swimmer Lessons

To advance to Swimmer Lessons, your child must be at least 5 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.

SWIMMER LESSONS

Progression is based on completion of level.



Swimmer 1 (5 years +)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 m swim on front and back



Swimmer 2 (5 years +)

- Deep-water activities
- Front, back and side swims
- 10 m front and back crawl



Swimmer 3 (5 years +)

- Deep-water swimming
- Whip kick on back
- 15 m front and back crawl



Swimmer 4 (5 years +)

- Tread water for 1 minute
- Basic breaststroke
- 25 m front and back crawl
- Swim to Survive Standard



Swimmer 5 (5 years +)

- Eggbeater for 30 seconds
- 25 m breaststroke
- 50 m front and back crawl



Swimmer 6 (5 years +)

- 50 m breaststroke
- 100 m front and back crawl
- 300 m distance swim



Swimmer 7/Rookie Patrol (8–14 years)

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8/Ranger Patrol (8–14 years)

- Eggbeater kick and object support
- First aid: obstructed airway, checking breathing and shock
- Removing conscious victim



Swimmer 9/Star Patrol (8–14 years)

- First aid: bone and joint injuries, asthma and allergic reactions
- Support and removal unconscious victim
- 300 m swim in 9 minutes

AQUATICS

SWIM LESSONS

PARENT & TOT - JELLYFISH

Age: 4 months-1 yrs

Nov 18 - Dec 11 M, W 10:30 am - 11:00 am 8/\$45 7663

PRESCHOOL 1 - OCTOPUS

Age: 3 - 5 yrs

Oct 7 - Nov 4 M, W 10:30 am - 11:00 am 8/\$45 7660

PRESCHOOL 2 - CRAB

Age: 3 - 5 yrs (completed Octopus)

Sep 21 - Nov 9 Sa 11:00 am - 11:30 am 8/\$45 7654

Oct 1 - Oct 24 Tu, Th 4:15 pm - 4:45 pm 8/\$45 7645

Nov 18 - Dec 11 M, W 11:00 am - 11:30 am 8/\$45 7664

PRESCHOOL 3 - ORCA

Age: 3 - 5 yrs (completed Crab)

Oct 7 - Nov 4 M, W 11:00 am - 11:30 am 8/\$45 7661

Nov 5 - Nov 28 Tu, Th 4:45 pm - 5:15 pm 8/\$45 7651

PRESCHOOL 4 - SEA LION

Age: 3 - 5 yrs (completed Orca)

Nov 18 - Dec 11 M, W 11:30 am - 12:00 pm 8/\$45 7665

PRESCHOOL 5 - NARWHAL

Age: 3 - 5 yrs (completed Sea Lion)

Oct 7 - Nov 4 M, W 11:30 am - 12:00 pm 8/\$45 7662



SWIMMER 1

Age: 5 - 13 yrs

Sep 21 - Nov 9 Sa 10:30 am - 11:00 am 8/\$45 7652

Nov 5 - Nov 28 Tu, Th 4:15 pm - 4:45 pm 8/\$45 7650

SWIMMER 2

Age: 5 - 13 yrs

Sep 21 - Nov 9 Sa 11:30 am - 12:00 pm 8/\$45 7655

Oct 1 - Oct 24 Tu, Th 4:45 pm - 5:15 pm 8/\$45 7647

SWIMMER 3

Age: 5 - 13 yrs

Oct 1 - Oct 24 Tu, Th 3:30 pm - 4:15 pm 8/\$60 7643

SWIMMER 4

Age: 5 - 13 yrs

Nov 5 - Nov 28 Tu, Th 3:30 pm - 4:15 pm 8/\$60 7649



FREE SWIM ASSESSMENTS

Not sure what level to register your child in? Call us to book a free swim assessment.

ADULT SWIM LESSONS

Age: 18 +

Sep 17 - Oct 10 Tu, Th 6:30 pm - 7:00 pm 8/\$60 7639

Nov 5 - Nov 28 Tu, Th 6:30 pm - 7:00 pm 8/\$60 7640

SWIMMING SAFETY

Children under the age of 7 must be within arm's reach of an adult at least 16 years of age.

BRONZE MEDALLION

Age: 13 +

Bronze Medallion, as our flagship certification, teaches an understanding of lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skills and fitness. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water.

Oct. 21 - Dec. 16 M 3:30 pm - 6:30 pm 6/\$120 7680
No Class Nov. 11

FITNESS

FITNESS CLASS LEVELS

We have a class for every fitness level! Each of our fitness classes has a number beside the description indicating the class intensity.

LEVEL 1

Suitable for those who may have a past or present medical issue, injury, or limited mobility. These classes provide almost no impact and are performed in a safe and controlled environment.

LEVEL 2

Suitable for those who have a physically inactive lifestyle or have a low level of fitness and want to build up to a higher level of intensity. These low-impact classes provide the body with active recovery.

LEVEL 3

Suitable for those who are healthy, physically active, and want to improve their fitness level. These classes are designed to get you moving.

LEVEL 4

Suitable for those who are healthy, physically active, and want to improve their fitness level. These classes will elevate your heart rate with a large cardiovascular component and may include pushing, pulling, kicking, jumping, and more.

Classes can be modified; however, for safety reasons and your enjoyment, if you are a beginner please choose classes that are a level 3 or below.

DANCE FITNESS

ZUMBA

Age: 16 yrs +

3 4

Zumba is a total body workout that combines all elements of fitness - cardio, muscle conditioning, balance and flexibility and boosted energy. This class is a combination of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Tu 5:30 pm - 6:30 pm \$5/class 7592

ZUMBA GOLD

Age: 16 yrs +

1 2

A modified easy-to-follow Zumba class that recreates the original moves you love at a lower-intensity. This class is geared towards active older adults and focuses on balance, range of motion and coordination.

M 9:15 am - 10:00 am \$5/class 7593

CARDIO, STRENGTH & CORE

CARDIO KICKBOX

Age: 16 yrs +

3 4

NEW

Join our dynamic Cardio Kickboxing class for an exhilarating, full-body workout that combines high-energy cardio with techniques. Focus on improving cardiovascular endurance, strength, coordination and flexibility.

W 5:30 pm - 6:30 pm \$5/class 7666

TRX

Age: 16 yrs +

2 3 4

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. Expect total-body conditioning and engage all your muscles through this energizing TRX workout.

M,W 7:00 pm - 8:00 pm \$5/class 7604

STRENGTH & CORE

Age: 16 yrs +

2 3 4

A low-impact no cardio class! It is great for all levels and abilities. Focus on increasing core strength, stability, flexibility and overall body strength. Excellent for building bone mass to help prevent osteoporosis. Participants will use a variety of equipment throughout the class.

Tu, Th 12:00 pm - 12:45 pm \$5/class 7597

FITNESS EXPRESS

Age: 16 yrs +

2 3 4

This session combines cardio and strength training for a full-body burn that targets every muscle group. Whether you're looking to build strength, improve endurance, or just get a great sweat on, Fitness Express is designed to give you maximum results in minimal time.

M,W,F 12:00 pm - 1:00 pm \$5/class 7596



FITNESS



SPIN

SPIN EXPRESS

Age: 16 yrs +

3 4

Indoor cycling classes provide high-energy workouts that burn calories, and improve endurance and strength through a variety of drills and exercises timed to the beat of the music. Spaces are limited.

Th 5:45 pm - 6:30 pm \$5/class 7600

SPIN

Age: 16 yrs +

3 4

Keep motivated with flats, uphill and sprints to help you stay focused for 1 hour. Bring water and a towel. Spaces are limited.

M 5:30 pm - 6:30 pm \$5/class 7601



AQUAFIT

BLENDED AQUAFIT

Age: 16 yrs +

1 2 3

This combination class is conducted in both the shallow end and the deep end of the pool with floatation belts to help keep you buoyant while exercising to some groovy tunes. Aquafit is a great way to improve both your cardiovascular and muscular endurance.

M,W,F 1:30 pm - 2:30 pm Drop In 7598

GENTLE EXERCISE

FOREVER FIT

Age: 16 yrs +

1 2

Forever Fit is designed to improve strength, balance, coordination, independence, and quality of life. This class is great for seniors or those with mobility issues.

M,W,F 10:30 am - 11:30 am \$5/class 7595

SEATED ZUMBA GOLD

Age: 16 yrs +

1 2

The program that caters to individuals with limited mobility, or those in need of wheelchair assistance. You'll experience the rhythm and energy of Latin-inspired dance moves, all adapted to suite a sitting position.

Tu, Th 10:30 am - 11:15 am \$5/class 7594

SMOOTH KARATE

Age: 16 yrs +

1 2 3 4

A departure from the traditional explosive movements associated with traditional Karate, to a smooth, slower cadence. Designed for healthy heart and body coordination. We will employ the basics of the first primary forms, applying dynamic tension and an emphasis on stretching and breathing control.

W 9:00 am - 10:00 am \$5/class 7688

YOGA

YOGA LITE

Age: 16 yrs +

1 2

Yoga Lite will offer you modifications when you require it and still challenge your mind/body connection. The class will finish with floor stretching and relaxation.

Tu, F 9:00 am - 10:00 am \$5/class 7599

FLOW YOGA

Age: 16 yrs +

1 2 3 4

Flow Yoga connects movement with breath. Suitable for all levels, each class begins with meditation, warming up and building strength through classic poses. It ends with a cool down for improved flexibility.

Tu 7:00 pm - 8:00 pm \$5/class 7602

SLOW YOGA

Age: 16 yrs +

1 2 3 4

Slow Yoga, or Hatha Yoga, is a gentle class symbolizing the union of opposites (Sun and Moon). Starting with meditation and warming up, emphasizing calmness. Extended postures improve alignment, strength, and flexibility, ending with a cooldown for a better mind-body-soul connection.

Th 7:00 pm - 8:00 pm \$5/class 7603

FITNESS

TEEN PROGRAMS

TEEN GYM

Age: 13 - 15 yrs

Are you a teen wanting to learn the basics of working out in a gym environment? Come to our teen gym hours when we have a certified Fitness Attendant on staff who can help you use the machines, provide tips and tricks and provide you with a FREE orientation. First time users are required to complete a Gym Orientation Waiver signed by a parent or guardian.

M,W,F	3:30 pm - 5:30 pm	\$5/class
Sa	1:00 pm - 4:00 pm	\$5/class

FITNESS CLASS ETIQUETTE

Please arrive at least 5 minutes before classes, no admittance for late arrivals.
Wear proper workout attire.
Bring a water bottle & towel.

GYM ORIENTATION & PERSONAL TRAINING

GYM ORIENTATION

Age: 13 yrs +

We understand that it can feel intimidating going to a new gym or using new equipment. That's why we offer a free gym orientation to all new gym users.

Call us at 604-869-2304 to book an orientation.

PERSONAL TRAINING

Age: 13 yrs +

Personal training provides a 1-hour private or semi-private session with a registered fitness trainers who will help you refine your technique, provide motivation, and ensure you are getting the most out of your workout.

Private Rates*

\$50/1 session

\$200/5 sessions

**Minimum 3 sessions required*

Call us at 604-869-2304 to book a session

Clients will be charged for missed sessions with less than 72-hours notice. Cancellation charge will be equivalent to cost of one full session.



COMMUNITY EVENTS

HOPE BRIGADE DAYS

Featuring one-of-a-kind events spread across 3 days including live performances, food trucks, a truck show, parade, amusement fair and more!

Friday, Sep. 6 - Sunday, Sep. 8
6th Ave. Fair Grounds

ARENA OPENING FAMILY SKATE

Celebrate the reopening of our brand new ice rink! Join on the ice for a public family skate brought to you by Boston Pizza.

Saturday, Oct. 19th 2:00 pm - 3:30 pm
Hope & Area Recreation Centre

Free

JACK-O-LANTERN JUBILEE

Participate in our costume contest and get creative with some freakishly scary crafts. Test your skills with a pumpkin ring toss and a variety of other festive games.

Saturday, Oct. 26th 1:00 pm - 4:00 pm
Hope & Area Recreation Centre

COMMUNITY FAIR: NEWCOMERS TO CANADA

Meet several service providers in our area, listen to guest speaker Zeeshan Khan and learn about job openings and different career paths!

Tuesday, Nov. 19th 11:30 am - 3:30 pm
344 Ford St.

Free

SKATE WITH SANTA

Bring your holiday spirit and join Santa Claus on the ice for a magical skate. Afterward, warm up with delicious hot chocolate! This event is brought to you by the Hope Rotary Club & the Hope Recreation Centre.

Saturday, Dec. 21st 2:00 pm - 5:00 pm
Hope & Area Recreation Centre

\$2.00

YOUTH GROUP

Come join us for snacks, games, and conversation. We aim to provide a safe place for youth to come for support, connection and fun! This is a drop in program that runs through the school year.

Wednesdays, 3:00 pm - 4:00 pm
HATS Office - 400 Park St.

Free

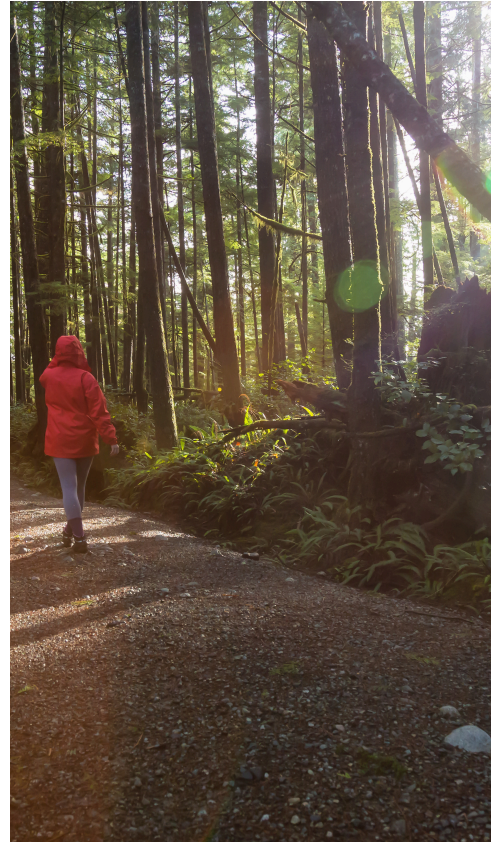
LIBRARY FOR ALL

This is an inclusive program for adults 19+, regardless of abilities. Bring your friends, family members or caregivers. There will be special guests and activities and snacks.

August 30, September 20, November 15, December 13

Fridays, 2:00 pm - 3:00 pm
FVRL - Hope

Free



COME WORK WITH US!

RECREATION CENTRE

005 Avenue

HOPE LIBRARY

Join our dynamic team and make a difference in the community.



Fitness Attendant



Facility Operator



Lifeguard



Recreation Assistant



Fitness Instructor



Customer Service Representative

Apply today at fvr.d.ca/careers

